

LIPSTOCK

LASIK & CATARACT CENTER

PRK Post Op Instructions

****Immediately after your surgery, go home and nap for at least 2-3 hours****

Eye drops:

*****WASH YOUR HANDS BEFORE USING EYEDROPS*****

FML:

1 drop 4 times every day until otherwise directed

ZYMAR:

1 drop 4 times every day until otherwise directed

ACULAR:

1 drop 3 times a day for two days (Thursday & Friday) then if needed up to 3 times Saturday, then STOP.

Wait at least one minute between above drops when applying

REFRESH PLUS:

1 drop at least 4 times a day for 7 days, then use as needed for dryness.

Wait at least ten minutes before and after medicated drops

(Please note REFRESH PLUS is preservative free artificial tears, so they come in individual vials. Use one or two drops per eye then **discard** the vial, DO NOT REUSE)

Additional prescription(s) are enclosed in your fanny pack for drops in case you run out. Refresh Plus can be purchased over the counter

ORAL Medications/Vitamins:

DEMEROL & PHENERGAN: use as prescribed

VITAMIN C: 1000 milligrams per day for two months

Wear sunglasses outdoors at all times for at least one year

Discomfort relief: It is normal to experience a scratchy sensation the first several days after surgery. Refresh Plus drops can be used as often as you like for lubrication. Keeping your eyes closed will minimize discomfort. A nap is required immediately after surgery for the first few hours.

Visual Recovery: Depending on how high your refractive error was before the treatment, visual recovery will be more or less rapid. With PRK you usually will be seeing well enough 24-72 hours after surgery to function without eyeglasses, although the vision will continue to improve over the first three months.

You will not see well enough to drive the first 3-4 days after surgery!

Contact Lens: A contact lens will be placed in your eye(s) at the time of surgery. Do not take the contact out and if it comes out, do not put it back in. If the contact comes out, which it rarely does, contact the office immediately.

The lens will be removed by the physician within a week after surgery.

Restrictions: If you notice a significant increase in discomfort or a decrease in vision, contact us immediately.

1. Do not rub your eyes the first month after surgery.
2. After putting in eye drops you can wipe gently with sterile individually wrapped gauze. (DO NOT PRESS ON YOUR EYE)
3. Wear eye shields while sleeping for the first **5** days after surgery. Be certain the shields are taped securely. This will protect you if you try to rub your eyes during sleep.
4. Keep water out of your eyes for the first 2 weeks. You may shower and wash your hair but try to keep your eyes closed so water does not get in them.
5. No swimming until approved by Dr. Lipstock (usually 2 weeks).
6. No eye makeup for 1 week, no mascara for 2 weeks. Then apply gently and remove very gently. Purchase a new mascara to avoid infection.
7. No eye drops or eye washes except as directed.
8. Wear protective eyewear for sports and other activities that could lead to eye injuries. Wear sunglasses or safety goggles depending on the activity. Children, pets and branches are common causes of eye injuries, so be alert not to get poked in the eye.
9. No hunting, fishing, or yard work for a few days after surgery and then wear protective eyewear.

Expected Follow-Up Appointments:

1 day, 5 days, 2 months, 3 months, 6 months, and then as scheduled. We recommend yearly routine comprehensive eye exams after discharge.

Call our office number below if you have any questions or problems.

Office number: 804-288-1543

Your first Post - Op appointment is: _____ at _____